

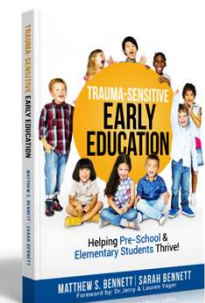
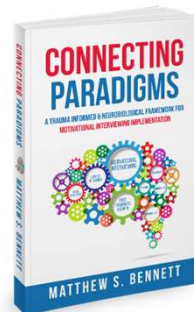
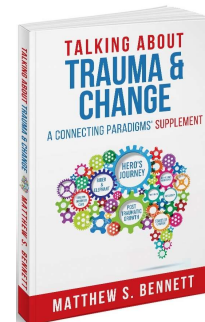
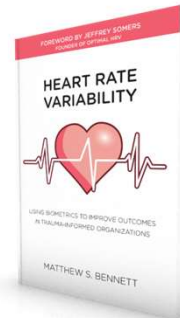
Introduction to Trauma-Informed Care

Matt Bennett, MA, MBA

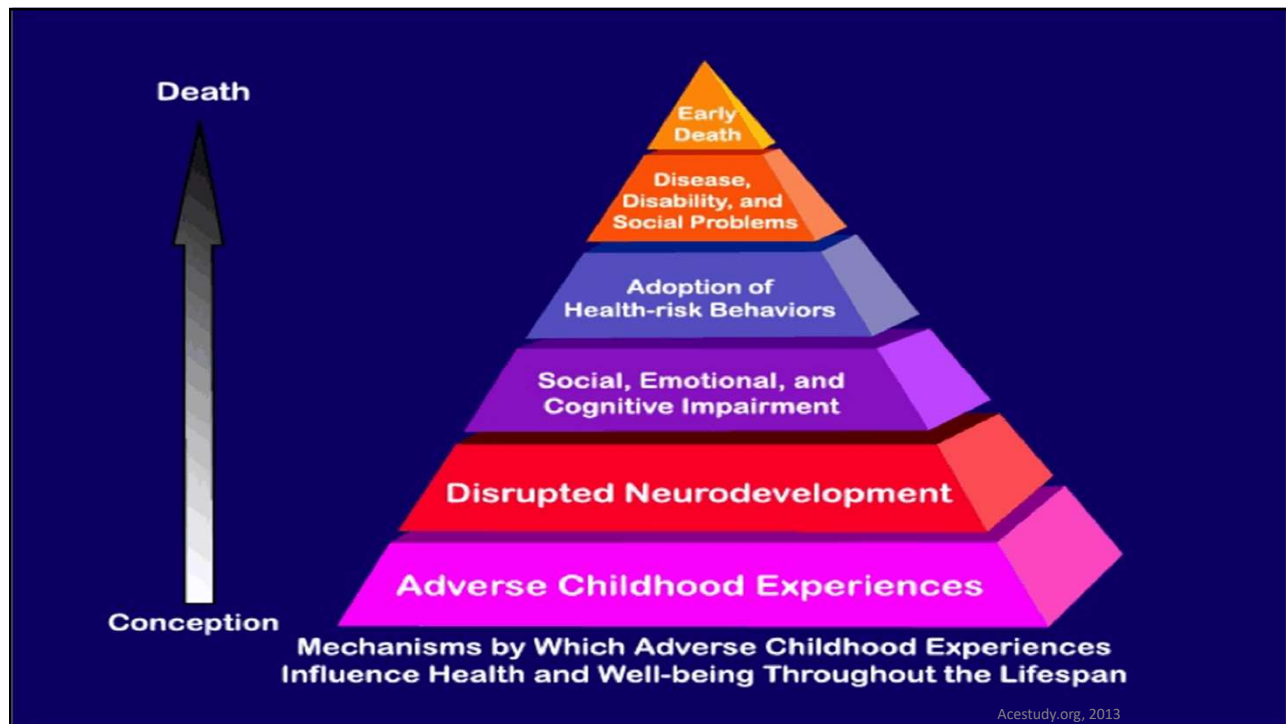
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Matt Bennett, MA, MBA

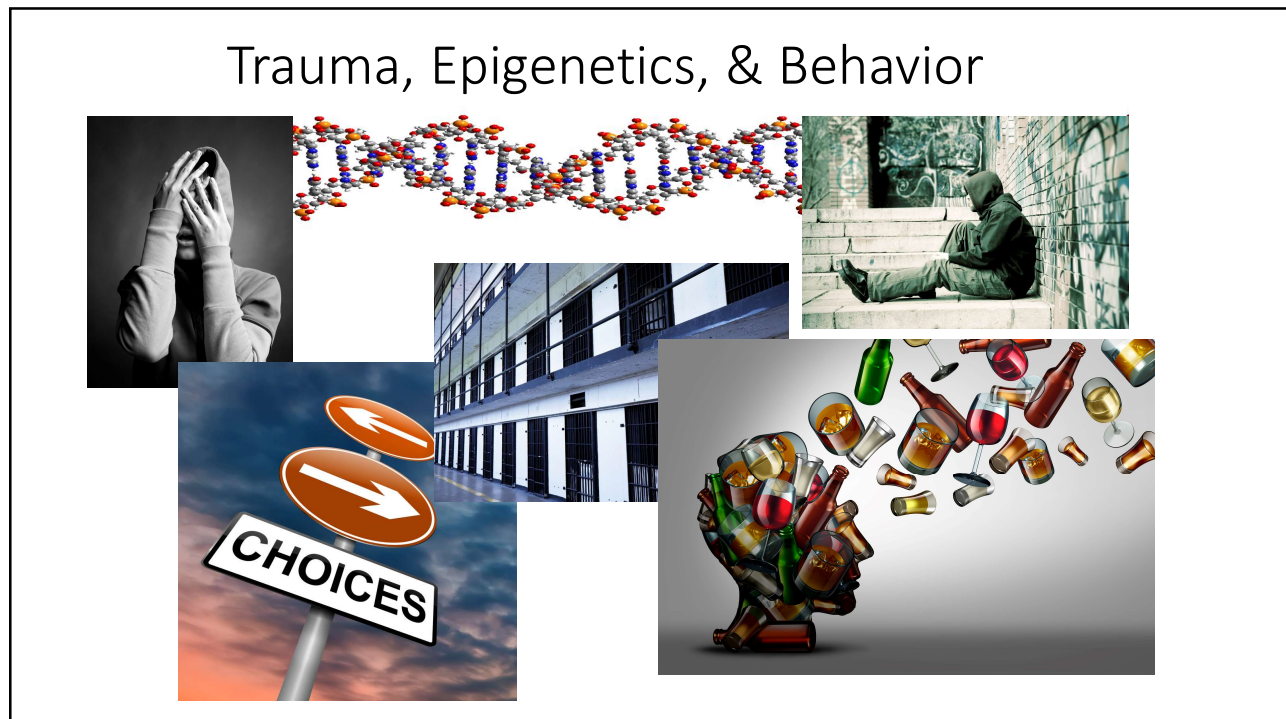
- matt@optimalhrv.com
- Them & Us
- Pain & Suffering
- Healing & Post-Traumatic Growth



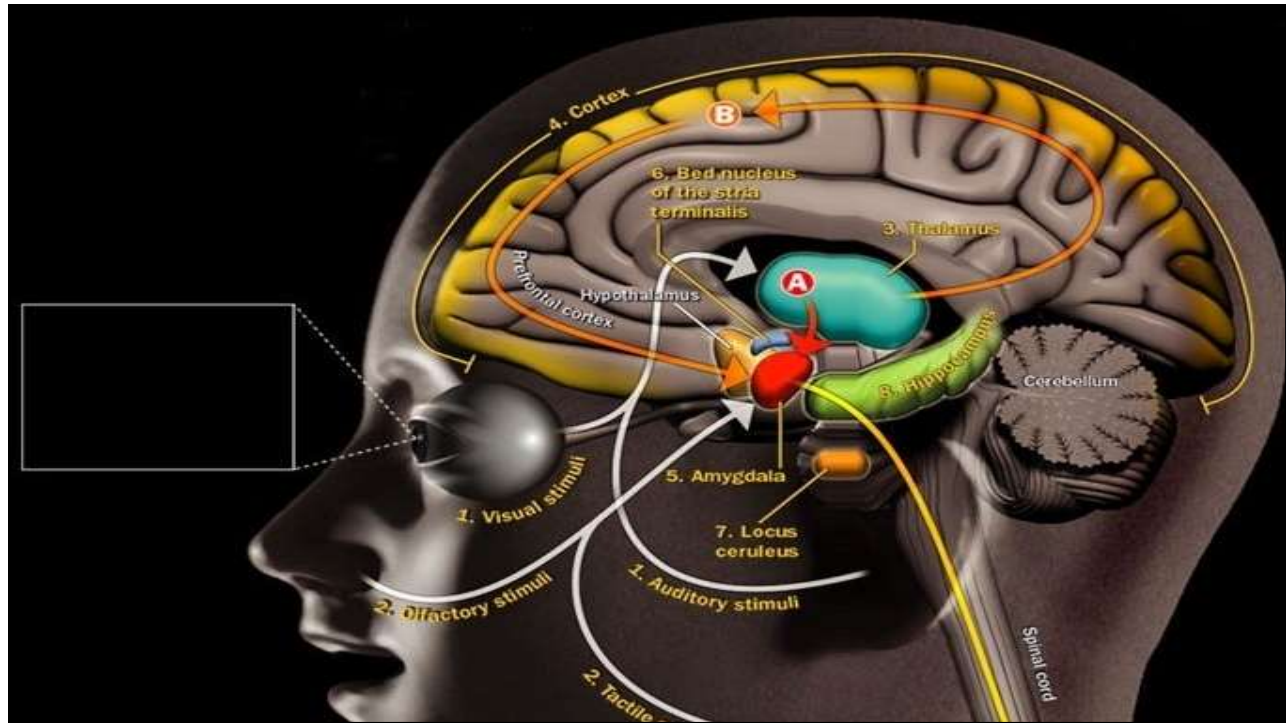
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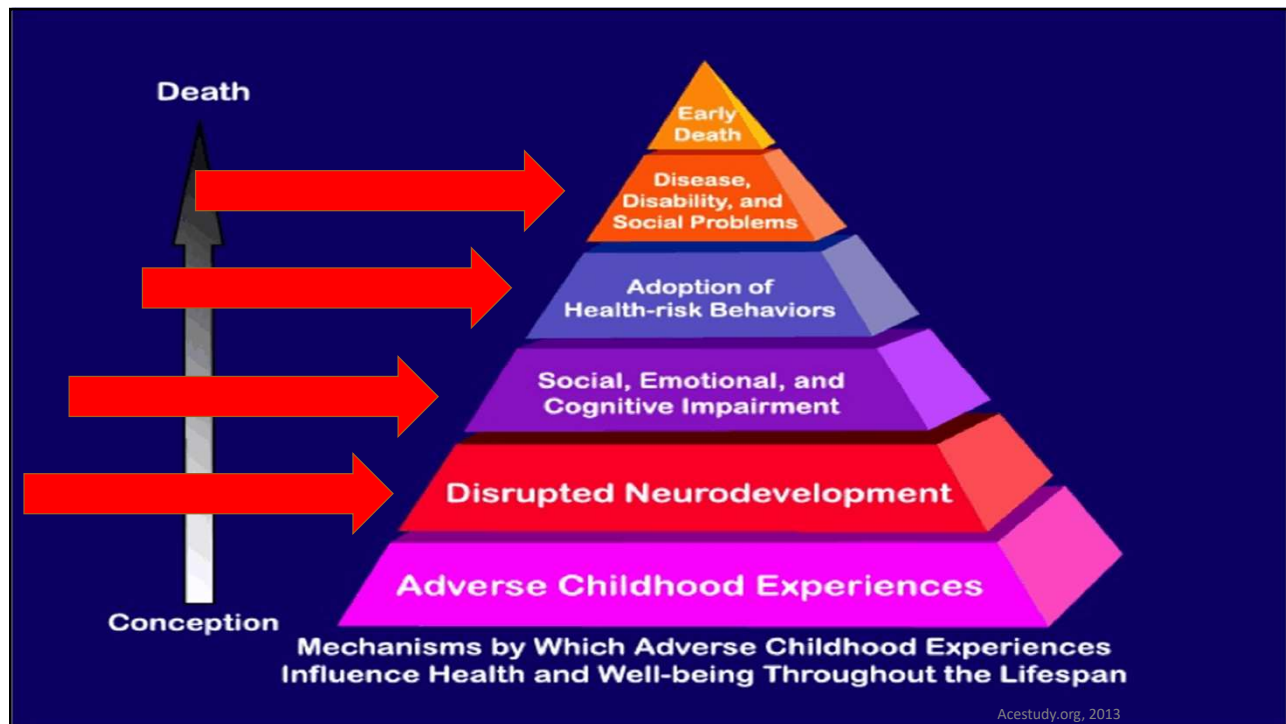


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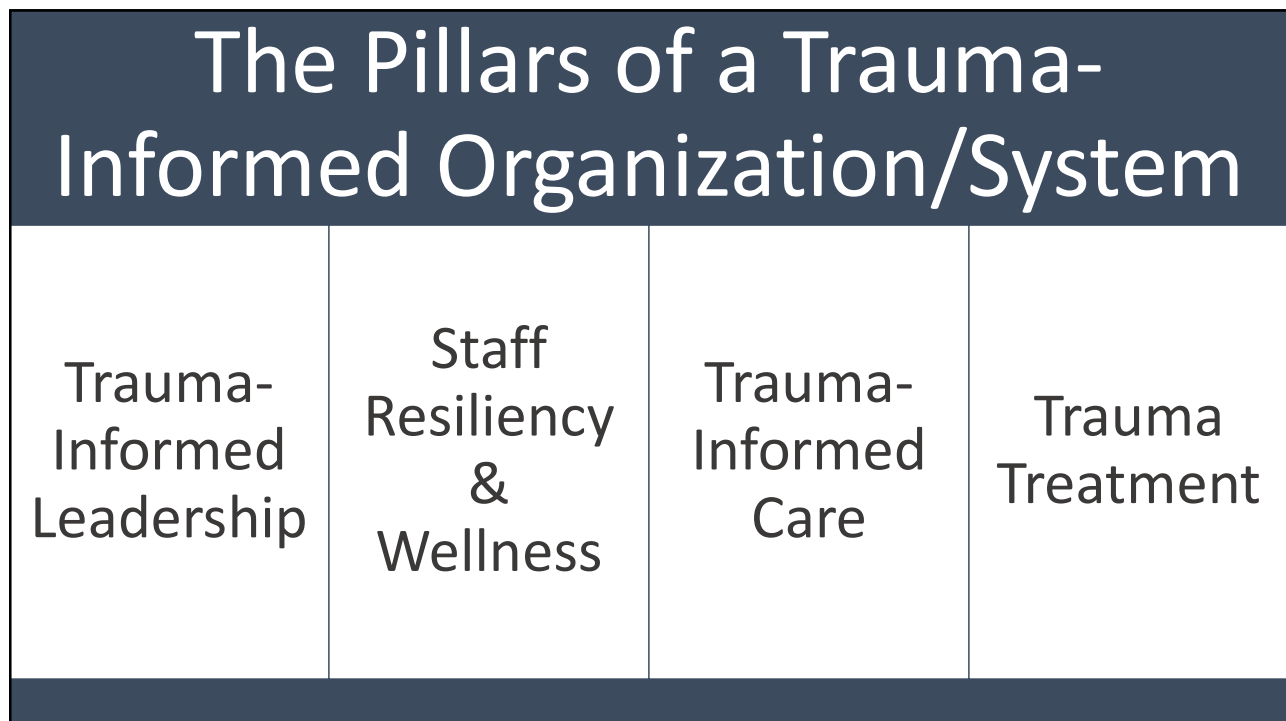
Trauma Symptoms

- Mental Health
 - Depression
 - ADHD
 - Oppositional Defiant Disorder
 - Conduct Disorder
 - Anxiety Disorder
 - Phobic Disorder
 - Personality Disorders
- Range of criminal behavior
- Incoherent sense of self
- Inability for creative play
- Easily overstimulated
- Difficulty delaying gratification
- Inability to goal set
- Lack of object constancy
- Lack of empathy
- Low social intelligence
- More likely to be in special education
- 2.5X more likely to fail a grade
- Perfectionism
- Depression
- Anxiety
- Self-harm
- Suicide
- Violent behavior towards peers
- Involvement in criminal justice system
- Hopelessness
- Inability to cooperate with others
- Dissociation
- Premature sexual maturity & activity
- Sexually transmitted disease
- Unintended pregnancies
- Trouble concentrating
- Memory problems
- Delayed language development
- Trouble with impulse control
- Trouble interpreting emotional signals
- Difficulty trusting others
- Shame
- Guilt
- Headaches
- Gastrointestinal issues
- General health problems
- Limited ability to plan or anticipate
- Inability to follow direction
- Poor boundaries
- Cancer
- Autoimmune issues

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- matt@optimalhrv.com
- Keep Learning
 - Trauma-Informed Lens Podcast – www.connectingparadigms.org
 - Heart Rate Variability Podcast - www.optimalhrv.com
- Thank you for all you do for your community!

